



Yoga Self-Taught

By Andre Van Lysebeth

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It's like having a yoga teacher in your own home! Van Lysebeth, with over 50 years experience as a yoga instructor, describes more than 200 exercises and postures, using over 100 photographs and numerous illustrations that show both the right and wrong way to perform them. Unlike other yoga books which show only the completed posture, these illustrations show the intermediate steps for attaining the final postures. For beginning students, this classic book is a perfect introduction to yoga.

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Yoga Self-Taught By Andre Van Lysebeth Bibliography

- Sales Rank: #228755 in Books
- Brand: Brand: Weiser Books
- Published on: 1999-11-01
- Released on: 1999-11-01
- Original language: French
- Number of items: 1
- Dimensions: 8.25" h x 5.50" w x .75" l,
- Binding: Paperback
- 272 pages

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Editorial Review

Language Notes

Text: English, French (translation)

From the Back Cover

If you cannot attend yoga classes, want to supplement what you learn in classes, or simply prefer to teach yourself at home, then this is the book for you -- it's like having a yoga instructor in your home, on call, 24 hours a day! The essence of yoga is in the details, and this book covers them all -- not just each of the postures, but their variations, duration, and correct breathing techniques.

Andre Van Lysebeth, with over 50 years experience as a yoga instructor, describes more than 200 exercises and postures, using over 100 photographs and numerous illustrations. Unlike other yoga books which show only the completed postures, these photos also illustrate intermediate steps and common mistakes. Van Lysebeth describes yoga breathing in detail, and explains the benefits and effects of each exercise. As a complete instruction in the practice of yoga, this book covers the mental and spiritual aspects, as well as the basic principles of a healthy diet and cleansing techniques.

For beginning students, this classic book is a perfect introduction to yoga; for more advanced students, it's a valuable reference work.

Users Review

From reader reviews:

Nancy Sena:

This Yoga Self-Taught book is not ordinary book, you have it then the world is in your hands. The benefit you have by reading this book is definitely information inside this guide incredible fresh, you will get facts which is getting deeper anyone read a lot of information you will get. This particular Yoga Self-Taught without we comprehend teach the one who reading it become critical in pondering and analyzing. Don't become worry Yoga Self-Taught can bring whenever you are and not make your bag space or bookshelves' grow to be full because you can have it in the lovely laptop even cellphone. This Yoga Self-Taught having fine arrangement in word along with layout, so you will not feel uninterested in reading.

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